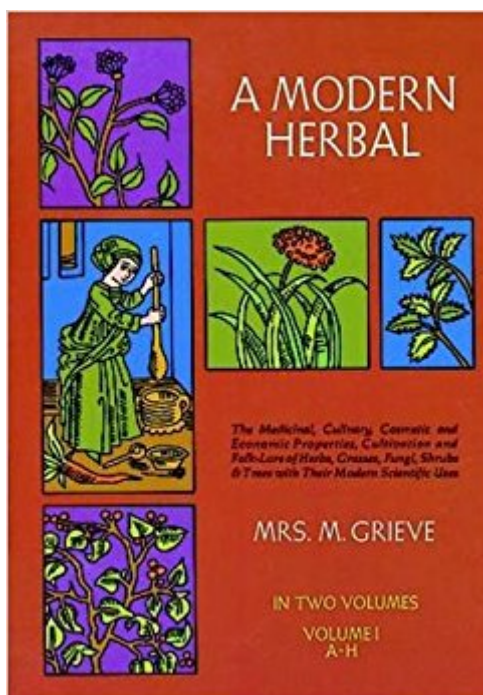


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# A Modern Herbal (Volume 1, A-H): The Medicinal, Culinary, Cosmetic And Economic Properties, Cultivation And Folk-Lore Of Herbs, Grasses, Fungi, Shrubs & Trees With Their Modern Scientific Uses



## Synopsis

"There is not one page of this enchanting book which does not contain something to interest the common reader as well as the serious student. Regarded simply as a history of flowers, it adds to the joys of the country." — B. E. Todd, *Spectator*. If you want to know how pleurisy root, lungwort, and abscess root got their names, how poison ivy used to treat rheumatism, or how garlic guarded against the Bubonic Plague, consult *A Modern Herbal*. This 20th-century version of the medieval Herbal is as rich in scientific fact and folklore as its predecessors and is equally encyclopedic in coverage. From aconite to zedoary, not an herb, grass, fungus, shrub or tree is overlooked; and strange and wonderful discoveries about even the most common of plants await the reader. Traditionally, an herbal combined the folk beliefs and tales about plants, the medicinal properties (and parts used) of the herbs, and their botanical classification. But Mrs. Grieve has extended and enlarged the tradition; her coverage of asafetida, bearberry, broom, chamomile, chickweed, dandelion, dock, elecampane, almond, eyebright, fenugreek, moss, fern, figwort, gentian, Hart's tongue, indigo, acacia, jaborandi, kava kava, lavender, pimpernel, rhubarb, squill, sage, thyme, sarsaparilla, unicorn root, valerian, woundwort, yew, etc. — more than 800 varieties in all — includes in addition methods of cultivation; the chemical constituents, dosages, and preparations of extracts and tinctures, unknown to earlier herbalists; possible economic and cosmetic properties, and detailed illustrations, from root to bud, of 161 plants. Of the many exceptional plants covered in *Herbal*, perhaps the most fascinating are the poisonous varieties — hemlock, poison oak, aconite, etc. — whose poisons, in certain cases, serve medical purposes and whose antidotes (if known) are given in detail. And of the many unique features, perhaps the most interesting are the hundreds of recipes and instructions for making ointments, lotions, sauces, wines, and fruit brandies like bilberry and carrot jam, elderberry and mint vinegar, sagina sauce, and cucumber lotion for sunburn; and the hundreds of prescriptions for tonics and liniments for bronchitis, arthritis, dropsy, jaundice, nervous tension, skin disease, and other ailments. 96 plates, 161 illustrations.

## Book Information

Paperback: 512 pages

Publisher: Dover Publications; Revised ed. edition (June 1, 1971)

Language: English

ISBN-10: 0486227987

ISBN-13: 978-0486227986

Product Dimensions: 6.1 x 1.1 x 9.1 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 79 customer reviews

Best Sellers Rank: #91,768 in Books (See Top 100 in Books) #34 in Books > Crafts, Hobbies & Home > Gardening & Landscape Design > Herbs #40 in Books > Reference > Encyclopedias & Subject Guides > Mythology & Folklore #50 in Books > Reference > Encyclopedias & Subject Guides > Literature

## Customer Reviews

"There is not one page of this enchanting book which does not contain something to interest the common reader as well as the serious student. Regarded simply as a history of flowers, it adds to the joys of the country."—B. E. Todd, Spectator. If you want to know how pleurisy root, lungwort, and abscess root got their names, how poison ivy used to treat rheumatism, or how garlic guarded against the Bubonic Plague, consult *A Modern Herbal*. This 20th-century version of the medieval Herbal is as rich in scientific fact and folklore as its predecessors and is equally encyclopedic in coverage. From aconite to zedoary, not an herb, grass, fungus, shrub or tree is overlooked; and strange and wonderful discoveries about even the most common of plants await the reader. Traditionally, an herbal combined the folk beliefs and tales about plants, the medicinal properties (and parts used) of the herbs, and their botanical classification. But Mrs. Grieve has extended and enlarged the tradition; her coverage of asafetida, bearberry, broom, chamomile, chickweed, dandelion, dock, elecampane, almond, eyebright, fenugreek, moss, fern, figwort, gentian, Hart's tongue, indigo, acacia, jaborandi, kava kava, lavender, pimpernel, rhubarb, squill, sage, thyme, sarsaparilla, unicorn root, valerian, woundwort, yew, etc.—more than 800 varieties in all—includes in addition methods of cultivation; the chemical constituents, dosages, and preparations of extracts and tinctures, unknown to earlier herbalists; possible economic and cosmetic properties, and detailed illustrations, from root to bud, of 161 plants. Of the many exceptional plants covered in *Herbal*, perhaps the most fascinating are the poisonous varieties—hemlock, poison oak, aconite, etc.—whose poisons, in certain cases, serve medical purposes and whose antidotes (if known) are given in detail. And of the many unique features, perhaps the most interesting are the hundreds of recipes and instructions for making ointments, lotions, sauces, wines, and fruit brandies like bilberry and carrot jam, elderberry and mint vinegar, sagina sauce, and cucumber lotion for sunburn; and the hundreds of prescriptions for tonics and liniments for bronchitis, arthritis, dropsy, jaundice, nervous tension, skin disease, and other

ailments. 96 plates, 161 illustrations.

As a student of herbology, I am familiar with Margaret Grieve's two volume set of books called "A Modern Herbal". It is a classic in the field of herbalism. It is a reference book, but a very interesting reference book. Originally published in 1931, it contains monographs on hundreds of herbs. There are illustrations of many herbs and for a reference book, it makes good casual reading. Some of the information is dated, like the scientific names under the old system, many herbs have been renamed since the book was written. She also gives interesting folklore about the various herbs. In one entry I read about a debate in parliament about the herb in question and possible legislation being proposed for it. Some of the herbs and their uses "back then" are not used now and we now have a lot more science behind the use of herbs than she had. Having said that, the two volume set of books still carries a lot of weight in the herbal world today. In many of the herbal courses I have taken there are direct quotes and references to her writings. Anyone with a serious interest in herbology should get this set of books. I know I'm glad I got them. -- Valerie Lull, Author, Ten Healthy Teas

part of a two part series the whole series (volume 1 and two) is an inexhaustible and collection of the medical use of plants. who new for example that serialized moss was used as a dressing for battle wounds during world war 2 because it is more absorbent than cotton. this is a great historical document. its almost to much information to be practically useful but if studying herbs is your idea of fun this will inform you on lots and lots of things about them.

This is such a great reference book. It truly gives you all the information you could ask for. Is that particular flower poisonous? What other names is it known as? Where is its origin and how did it get its name? All of that and more is found in both this volume (1) and volume and volume (2)

I just bought A Modern Herbal (Volumes 1 & 2), and they are exactly what I thought I was getting. These are must have books that belong in a lifetime collection for anyone even slightly interested in herbal medicine. Excellent reference manuals for beginning as well as master herbalists. This book gets 5 stars = Keeper. A story (or information) that stays with me.

I ordered this book as a supplement to those I already own. I like the fact that it has information that isn't always available in other books: plant history, superstitions surrounding the plants, recipes, etc.

It's in two volumes so you need both. I think this book and it's companion are a very worthwhile addition to any herbal library. The only reason I gave it four stars is because it can't be used to identify plants. If it had really good quality photos or drawings, it would be 5 stars plus.

Great historical reference for herbs.

Great information for my assignments.

This is the Best Herbal written in the past 125 years. Anyone interested in plants and their uses MUST have both of these books!

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